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T

beginnings

the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million, and the number of people aged 75 and over has increased by 1 million (Office for National Statistics 1999). The number of people aged 65 and over is projected to increase to 6.5 million by 2011, and the number of people aged 75 and over to 3.5 million (Office for National Statistics 1999).

There is a growing awareness of the need to develop services to meet the needs of older people, and the need to ensure that services are accessible to older people. The Department of Health (1999) has published a strategy for older people, which sets out the government's commitment to older people and the need to develop services to meet their needs. The strategy also sets out the need to ensure that services are accessible to older people, and that older people are able to participate in decisions about their care and services.

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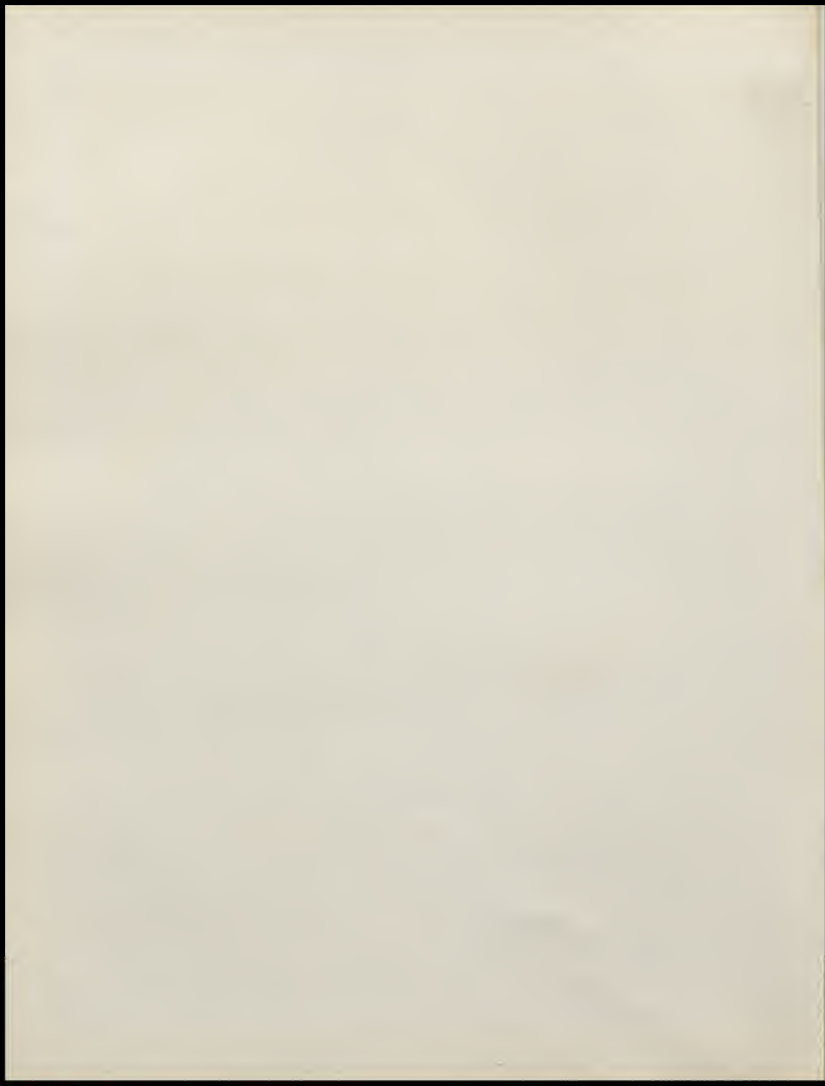
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Ingot 1973

Volume 14

River Forest High School
Hobart, Indiana



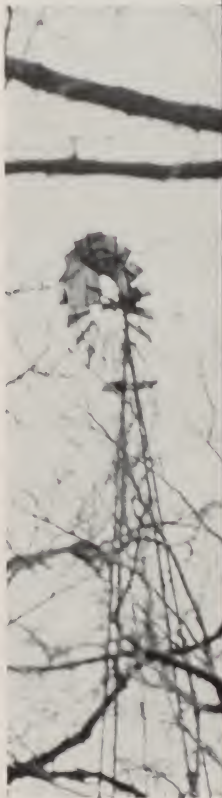
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Beginnings

September 5, 1973, marked the beginning of the school year. It was the beginning of many things. For some it was the first step towards a high school education. For others, it was the dawning of their last year.





But, for all it was the beginning of different classes, different teachers, renewed friendships, fresh faces, and novel knowledge. It was a new start on life, a time for all to rectify mistakes and try again.











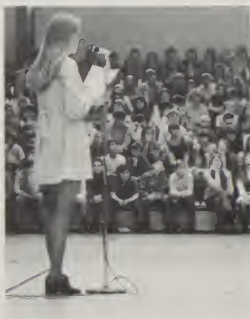




The beginning of new and different emotions and notions were started with the newer, more mature ideas people had developed. It was a new lease on life, a time to do things that had not been done and experienced before.













Student Life

BUSINESS... Typing... Sec. Lab... Business Machines... Records... Bookkeeping... General Business... Clerical Lab... Book I and II... Sales... Business Math... Shorthand... remember... your aching, cramped fingers... figures dancing before your eyes... machines all looking the same...

ENGLISH... Reading... School Publications... Yearbook... Journalism... remember... HOMEWORK... memorizing... diagramming... pasting... headline... deadlines... the wonderful grades...

FINE ARTS... Bells... Choir... General Music... Art... Band... Stage Band... remember... singing... choir practice... Wassail... the mess... the wonderful teacher...

FOREIGN LANGUAGE... Russian... Spanish... French... remember... constant practice... "What did you say?"...

SCIENCE... Biology... General Science... Chemistry... Conservation... remember... leaf collections... bug collections... the memorizing elements... dissecting...

SOCIAL STUDIES... Economics... History... Social Studies... Government... World History... remember... team teaching... pages of notes... research... the wonderful grades...

SPECIAL EDUCATION... Government... Economics... Math... English... Health... Reading... remember... working toward your goal-a diploma...

AV has helpful equipment

Audio visual...films...tapes...projectors...video taping...
filmstrips...records...reels...darkroom...televisions...
no pass...sneaking by...getting caught...convicted...
sentenced...



Al Gibbons



Joyce Addison



Linton Agee



Wayne Agee



Henry Aguilera



Joan Anderson

To achieve is our goal

The RFHS special education class grew to 33 students, and also kept its work-study program. The students learned government, economics, math, English, health, and reading. Some of the students received pay and credit for their work and others just received credit.



Dan Arnold



Phillip Arocho



Melody Atwood



S. Augustine



Frank Barragan

Business...typing...general business...secretarial lab...business machines...clerical lab...bookkeeping...records...sales...business math...shorthand...keys...figures... numbers...records...books...timed writings...bookkeeping...footnotes...margins... speed...learning the position of the keys... racking your memory...words per minute... mistakes...squiggles...adding machines... broken typewriters...broken nails...X...+... =...*...-...those aching, aching, fingers... modified letters...block letters...modified block letters...piles upon piles of useless typing paper...



Fred Baker



Lynn Heller



Laura Langley



Ron McAtee



Pam Mellon



Terry Watkins



Penny Bellar



Mark Berland



Paula Bianco



Larry Biggs



Kathy Binkley



Rick Blanks



Cathy Black



Ken Blanton



Terry Board



Fred Boessel

English classes supply knowledge

English... Yearbook... Journalism... Reading
... School Publications... writing... answering
... sentences... literature... research papers
... grammar... diagramming... poetry...
pastingup... justifying... typing... cutting...
making the headlines... getting ads... sub-
scriptions... deadlines... stories... copy...
layouts... artwork... racking your brains...



Sergio Garcia



Tom Hontz



Natalie Keller



Violet Kosanovich



Betty Major



Viola Soderstrom



Wanda Strange



Terry Boswell



L. Bullington



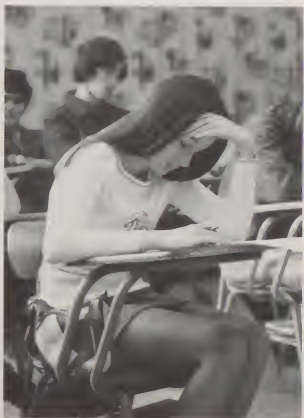
Michael Butala



Gary Caesar



Jim Candler



Marty Cantwell



Sandy Carrigan



Candy Carroll



Kenneth Carson



Willie Carter



K. Cerajeski



Rich Chamberlain



Debbie Conrad



Linda Cooper



Tom Cooper



Toney Corley



Pam Cunningham



Norine Czekaj



Ramona Davis



Sally Davis



Aurora DeLuna



Kathie Eaton



Dottie Ellis



Joanne Ewen



Wanda Fraley



Linda Frost



Jerry Gamble



Terry Gault



Nancy George



Jeff Gibson

Art dept. hosts Mr. Naguyb

Fine arts...bells...high school choir...art...high school band...ringing...ringing...screaming...playing..."and the band played on"...assemblies...concerts...art...Mr. Naguyb...a sculptor...decorating showcases...sculpting...painting...wood cuts...plaster crafting...paper sculpting...independent projects...messes...alto...tenor...soprano...base...ensembles...solos...duets...nerves...tension...squeaking voices...good performances...work...



Rex Brown



Charles Hardt



Camella Cheslek



Peggy Goings



Margaret Gomez



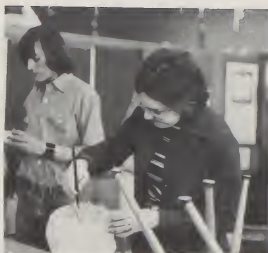
John Gunter



Jeff Guth



John Cutierrez



Paula Hairston

Karen Hall

Dale Hardesty

Tim Harmon

Lindell Hendry

Language students keep busy

Foreign Language...Russian...Spanish...French..."What did you say?"..."Huh?"..."May I say it in English?"..."Why put those funny hooks on the letters?"..."How come does your alphabet look so strange?"...learning folk dances...coloring Easter eggs...intonation..."Is it hard?"...Not really, except sometimes..."What's it like?"...



Gene Adamczyk



Carolyn Turpin



Sodonia Henke



Dan Hennings



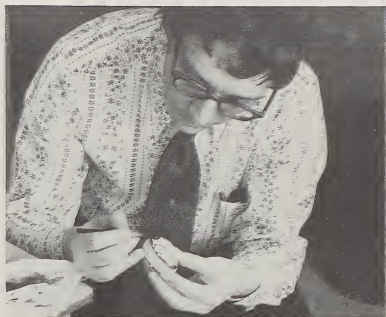
Cliff Hodge



Rick Holsomback



Carolyn Hinkle



Judy Huff



Terry Husarik



Jeff Hutchens



Barb Jennings



Gail Johnson

Dances, a parachute, and Charlie enliven p.e.

Health and physical education...health...physical education...camp counseling...notes...
 "Charlie"...drugs...alcohol...smoking...kids...trees...the wilderness...roughing it
 for five days...calisthenics...tumbling...gymnastics...dance routines...basketball...
 bombardment...running laps...volleyball...
 "Around the World in 80 Days"...practice...
 showers...relaxation...



Dennis Feagler



W. Koslovsky



Wilbur Logan



J. Schafer



Jesselyn Johnson



Bob Johnson



Rose Kallok



Ruth Kallok



N. Karageorge



Paul Karas



Elizabeth Keene



Joe Kendera



Dan Klinger



G. Kokkosis

Offer boys' courses in home cooking

Home economics...advanced foods...child development...foods...home ec...boys foods...tailoring...housing...mess up...sew up...cook up...measure...pin up...stitch up...draw up...eat it all up..."where's the Alka-Seltzer"...clean up...exotic...vegetables...prices...cakes...



Pat Hayden



Jany the Plummer



Pam Hintalla



Michele Korbar



Steve Kovacevic



Bill Kristelli



Glinnis Kritner



Kathi Lane

Library is useful to RF students

Library...books...periodical literature...
pamphlets...HELP!...researching...si-
lence...concentration...study...read...film-
strips...assistance...card catalog...books
on any subject...helpful material...



Dorothy Boling



Artemis Pangere



Louise Shearer



Phyllis Larson



Joseph Long



Larry Loving



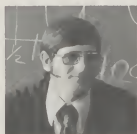
Diane Lunghofer



Donna Lunghofer

Industrial Art classes open to girls

Industrial arts...electrical shop...wood shop...metal shop...drafting...projects...machine drawing...architectural drawing...planning...blueprints...lines...position of furniture...figures...drawings...waves of electricity...smoke...shavings of the wood...sawdust...safety glasses...learning...building...noise...bloodshed...cuts upon cuts...taking notes...learning to draw...trying to draw properly...improving...mastering the various techniques...



Ken Berquist



Bob Rajsic



Joe Stewart



Tom Szymcsjak



R. Makowiecki



Pat Markle



A. Marquez



Sandra Marquez



Curtis Martin



George Martin



Charlene McGee



Christine McGee



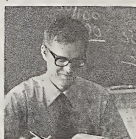
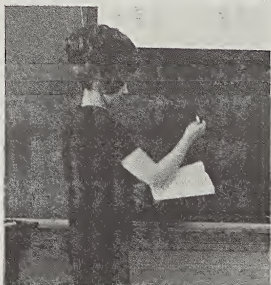
Joyce Michna



Kathy Miller

Math dept. offers many classes

Mathematics...general
math...algebra...basic
math...trigonometry...ge-
ometry...physics...proofs
...reasons...adding...as-
sertions...physics follies
...Napier's Bones...num-
bers...postulates...theo-
rems...corollaries...



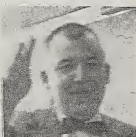
Mark Holbrook



James Reygaert



Karen Spackey



Arthur Willing



Sherry Martin



Ken Mieduski



Vicki Mortzenmayer



Keith Morrison



Ed Moreland



Dale Morris



Sherry Morris



Dave Nelson



Bruce Neyhart



Terry Norman

Science stresses living

Science...biology...general science...chemistry...conservation...leaf collections...papers...written reports...experiments...dissect...animal research papers...oxidation...pollution...class discussion...films...film reports...bug collections...tests...pop quizzes...



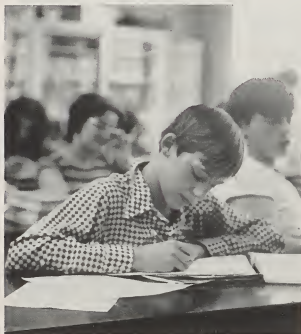
Helaine Graves



Jim Wells



Kathy Hooks



Harry Nush



Frank Olivarri



Debbie Pawlicki



Daryl Perkins



Peggy Plylar



Jerald Quillen



Russell Ragon



Twyla Ready



William Roberts



A. Rodriguez

Team teaching proves helpful to students

Social studies...economics...government...
 history-team...history...social studies...
 world history...psychology...marriage...
 team teaching...skits...projects...notes...
 homework...study questions...boredom...
 charts...worksheets...tests...quizzes...our
 country...learning...forgetting...memoriz-
 ing...cheating...failing...summer school...
 passing...



Robert Grenert



J. Ron Hughes



John LaBounty



Don Niksch



Don Tippet



Don Watkins



John Rodriguez



Patty Rodriguez



D. Rosendaal



Norman Samuels



Martin Sanchez



Charles Scott



Mary Ann Serles



Ann Sinks



Richard Smith



Mike Spiegla

Friends . . .



L. Stangebye



Brad Stilley



Judy Striker



Greg Stull



Rhonda Surer



Steve Szewczyk



Darlene Szewdo



D. Tatalovich



Margie Taulbee



Rich Teeter

RF has new administration



Mr. Rosser, trustee



Mrs. Hott, secretary



Mr. Hayes, superintendent



Mrs. Sapper, secretary



Edward Teller



Darell Thomas



Randy Thomas



Maria Toledo



Luis Trinidad



Mr. Marszalek, assistant principal



Mr. Newton, principal



Pam Tuley



John Vale



Donna Warren



Sherry Watson



Marie Wayte

Guide me to the nurse

Guidance and Nurse...Nurse...new nurses aid-Miss McClaran...first aid...eye checking
...T.B. skin screening...audio testing...check for Impetigo...guide students interested
in the field of nursing...guidance...painted walls...talked to students...scheduling...
sophomore tests...guidance...



Darlene Weaver



Pam West



John Wheeler



Dennis Wilson



Duane Wilson

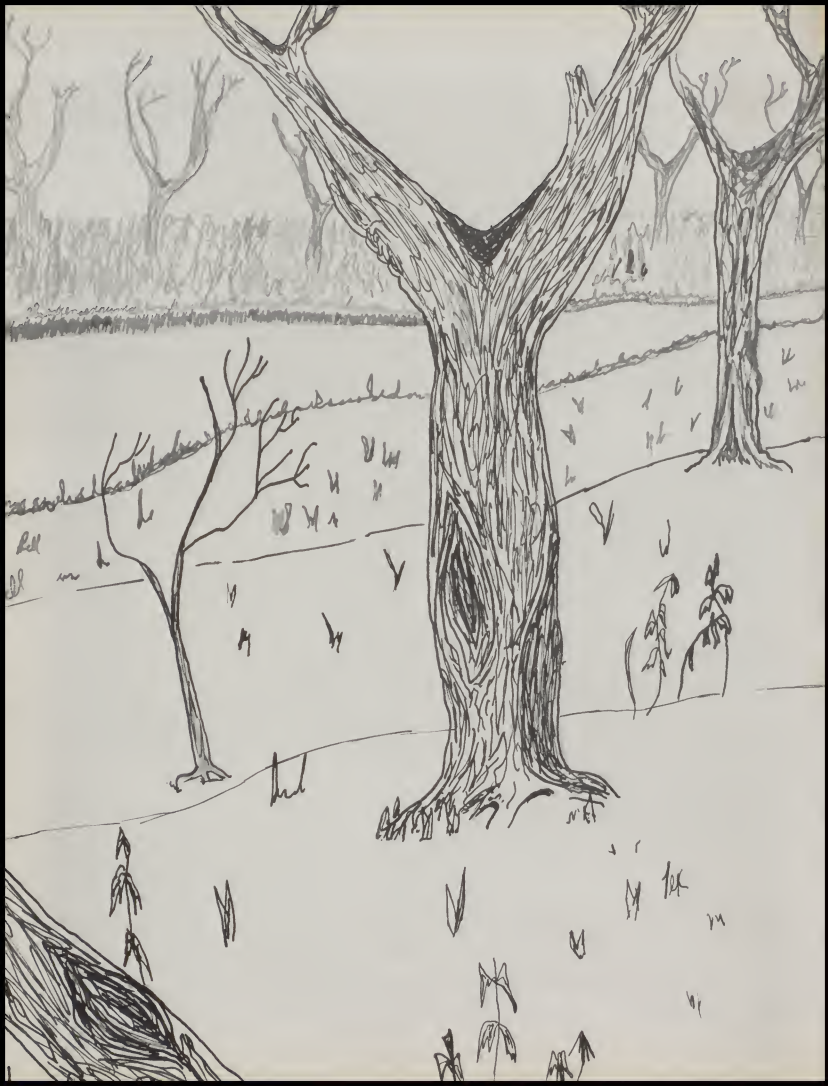


Frank Wischman



Leon Wolek





Organizations

Cheerleaders... Pom Pon... Choir... Band... Stage Band... Student Council... Honor Society... Russian Club... Students United for Action... Future Teachers of America... Girls Athletic Association... Russian Club... the plays... Office Education Association... remember... bake sales... candy sales... candle sales... concerts... Wassail... Mr. Brown... Russian concert... Russian dinner... folk dances... induction... uniforms... calling in experts... quarrels... No Dumping... play practice... stage fright... Hontz fright... forgetting your lines...

RF rahs boost school spirit

Varsity cheerleaders raised money to purchase new uniforms by selling household cleaner. They had great precision performances at all athletic events. Led by their co-captains, the junior varsity faithfully backed their teams, throughout the year. Five energetic freshmen cheerleaders backed the freshmen football and basketball teams with great pep and enthusiasm.



Donna Warren, Diane Tatalovich, and Dottie Ellis.



Sonya Alasrich



Dan Aldred



Pat Arroyo



Pat Arocho



Tom Augustine



Millie Banokovich



Debbie Ball



Judy Banister



Bonnie Barber



Jerry Barney



Nancy Davis, Lisa Sobel, May Page, Nancy Emmett, and Judy Tatolovich.



Debbie Bell



Nancy Benka



Tim Black



Tina Black



Bob Blackford



Donna Bookhammer



Bernie Breese



Kathy Buda



Cindy Burge



Jack Carroll



Diane Simmons, Sandy Leonard, Linda Caudill, Denise Poturalski, Candy Thomas.



Liz Ceasar



Don Chamberlain



Don Conger



James Cooper



Ricky Coots



Wanda Cottrell



Charles Cowart



Mark Crafton



Debbie Cummings



Connie Daniels



Left . . . right . . .
left . . . left . . . left

Pom Pon girls started the year with new uniforms. They joined the band at the football and basketball games where their colorful routines added much to the half time festivities. The Pom Pon girls marched in the Veteran's Day Parade in Hobart.



Diane Danielwicz



Dave Devaney



Bobby Davis



Luiz DelaCruz



Paul Delagado



Roy Deluna



Panda Denny



Don Diamond



Dianne Loving



Tony Doxtater

The River Forest Concert Choir currently consists of 91 members and is divided into four parts including soprano, alto, tenor, and bass.

For three weeks, during the summer, the choir sang and toured their way through Europe where they traveled through many cities and saw several historical landmarks.

This trip was enjoyed and will be remembered by all.

One of the main activities included the Medieval Wassail Dinner given annually in December. This program, typifying the traditions and customs of the 13th and 16th Century Old English, has grown to an extent that it must be given in two consecutive evenings.



Joe Daurte



Bill Dunahoo



Ray Duncan



Steve Dunn



Julie Elliot



Connie Escabalzeta



Penny Estill



George Fazedas



Joal Fedor



Teds Fields



1st ROW: D. Rosendaul, D. Welton, S. Newsom, P. Williams, L. Stangebye, K. Wheeler, D. Swedo, P. Hodge, M. Korbar, K. Eaton. 2nd ROW: R. Nunez, L. Iliff, M. Olivari, S. Kamane, B. Barber, P. Tuley, C. Riffle, M. Garza, L. Turner. 3rd ROW: J. Cox, P. Shire, D. Lightfoot, R. Westerland, M. Parks, B. Miller, A. Rainwater, D. Haley, J. Olivari, L. Gulley. 4th ROW: F. Barrigan, C. Trump, M. Zoladz, P. Delgado, D. Flores, B. Partin, R. Coots, R. Blanks, M. Barrigan, S. Newson, K. Cerajeski, Pres.



1st ROW: M. Fraley, P. Highsmith, C. Strimbu, D. Elder, J. Banister, C. Burge, P. Fraley, J. Banister. 2nd ROW: N. Nunez, M. Ramirez, E. Corley, K. Loving, E. Cesare, D. Tabla, B. McGee. 3rd ROW: D. Cummings, R. Olkoski, K. Paradine, V. Kiser, C. Kaplon, B. Boyington, J. Kralik, C. Bottom. 4th ROW: R. Davis, D. Warren, R. Hayes, D. Flores, R. Bull, R. Leitch, J. Estill, J. Carroll, G. Riffle, J. Hibbard.



Francine Flores



Judy Garrard



Mike Garret



Lynn Gaskins



George Gletzbach



Nettie Griggs



Debbie Gustoff



Donna Gustoff



Tom Hall



Bill Hamady

RF band members receive 46 medals



1st ROW: Joan Anderson, Janice Hickman, Rose Wojnarski, Jenny Kukral, Patty Kania, Nita Johnson, 2nd ROW: Candice Boyd, Cheryl Mioduski, Debbie West, Shirley Duffee, Kim Paradine, Donna Micic, Debbie Zimmerman, Dixon Tabla, Joal Fedor, Dean Klinger, Mike Taylor, 3rd ROW: Donna Forrest, Sue Kendera, Denise Richard, Cindy Hall, Dawn Hyde, Tod Johnson, Ken Carson, Dale Morris, Dave Williams, Ed Knox, John Serratto, Don Waldrop, Jim Price, John Baltrushartes, Kevin West. 4th ROW: John Palmowski, Jeff Skalik, Larry Johnson, George Micic, Jeff Wampler, Frank Elizondo, Ruben Gonzales, Bob Johnson, Mr. Hardt, Director.



Concert band started with marching for home football games and in a Veteran's Day Parade. They went on to a solo and ensemble contest and won 46 medals. Also, they went on to a band contest and a spring concert. They played at the commencement exercises.



Michele Hare



David Hayes



L. Hazelton



Ed Hesford



Janice Hickman



Elmer Higgins



Debbie Holt



Donna Hook



Cathy Hugely



Lavig Fliff

Stage band places second



A group of saxophones, cornets, trombones, drums, guitar, and piano makes up the stage band. Their function is to play popular, contemporary music for assemblies and to provide experience in solo playing. Its small size allows it to adapt to many playing situations. This year, the stage band played at home basketball games, assemblies, and for the elementaries. They came in 2nd in a stage band contest.



Linda Jania



Ernest Jansen



Joyce Jasinski



Susan Jenkins



William Jenkins



Tod Johnson



Debbie Jones



Shirley Kollok



Bruce Kaplon



Cassandra Kaplon

Student Council plans year

Student Council, made up of members from all of the classes, was involved in activities including the FB and BB homecoming games, the can drive, and a number of dances.



1st ROW: Gail Johnson, Linda Stover, Sherry Payne, Michele Korbar, Diane Lunghofer, Terry Sandala. 2nd ROW: Lori Pope, Angelica Marquez, Norine Czekaj, Donna Lunghofer, Linda Nunez, Sheryl Bottom. 3rd ROW: Pam Olsen, Paula Phelps, Shirley Thorman, Debbie Pawlicki, Debbie Thomas, Norma Stanfield, Dorothy Zimmer. 4th ROW: Mr. Hughes, Frank Barrigan, Bill Moreland, Jim Cooper, Tod Johnson, Tom Kaufman, John Evans.

SUFA — an aid to ecology



1st ROW: Mr. Willing, Patty Klutts, Penny Estill, Ray Carney. 2nd ROW: Tod Johnson, Mike Whittinghill, Mary McClure, Dan Waldrop, Dan McClure.

Students United For Action has been quite active. Concerned about the looks of the back parking lot, the SUFA members had "No Dumping" signs put up and had a fence built so trash wouldn't be put there. Some soil conservation experts made a survey of the soil and land lay.



Jean Klinger



Ed Knox



Steve Kollar



Linda Kritner



Shirley Krokedge



Barb Krueger



Tony Krysak



Jenny Kukral



George Laba



Glenn Leitch

OEA helps business students find work



1st ROW: Margaret Gomez, Donna Lunghofer, Pam Cunningham. 2nd ROW: Judy Striker, Candy Carroll, Rose Kallok.



1st ROW: Annabella Rodriguez, Norine Czekaj, Aurora DeLuna, Augusta Keefover, Joanne Ewen, Marty Cantwell.



1st ROW: Sherry Moreland, Norma Serranno, Panda Denny, Sandy Marquez, Rich Chamberlain, Tom Cooper, Tod Johnson. 2nd ROW: Dottie Ellis, Mrs. Hooks, Darlene Weaver, Mr. Grenert, Bill Moreland, Steve Kovacevic. 3rd ROW: Dan McClure.

Honor Society... inducted new members, had bake sales, kept the signboard in front of the school up-to-date, and chose seniors, Darlene Weaver and Rich Chamberlain to apply for the national scholarship.



Jim Light



M. Liszewski



Don Little



Raye Loeffler



Rick Long



Rich Manning



Texal Marks



Francet Martin



Wanda Mast



Paul Mayfeild



Russian Club views Beryozka dancers



Russian Club is composed of students who are either currently enrolled in or have been in Russian class. This year after electing officers, the members of this club enjoyed several films and discussions on Russia and Russian life and learned many Russian folk dances. Members enjoyed seeing the Beryozka dancers and attending a Russian dinner.



Dan McClure



Barbara Mckee



Rudy Mercado



Geoge Micic



Barb Miller



Cathy Miton



Carter Mitol



Sherry Moreland



Joyce Myers



Jim Nedza

GAA, Girl's Athletic Association, was an intramurals group. GAA, a more recreational than competitive organization, has the following sports - soccer, softball, volleyball, basketball, gymnastics, bowling, ping-pong, and badminton.

Recreational club attracts girls



Pam Newcomb



Sheryl Newsom



Linda Nunez



Sandy Ogden



Veronica Page



Rosella Parks



Cheryl Patterson



Larry Perkins



Vicki Petruska



Cindy Peveler

"You're a Good Man, Charlie Brown" was the fall play in the round. The cast consisted of Jeff Westerhout as Snoopy, Joal Fedor as Charlie Brown, Dottie Ellis as Patty, Willie Roberts as Schroeder, Bob Johnson as Linus, and Mona Davis as Lucy. David Hayes was pianist and Bill Moreland and Tom Cooper were light technicians. The play was so well liked that it was later produced for the elementary schools and the Hobart Methodist Church.

Snoopy and group cross RF stoop



Bruce Pierce



Mary Podgorski



Daryl Polk



Martha Price



Mike Ray



Rebecca Reyes



Denise Richards



M. Richardson



Carl Samuels



Delores Schlarp



Steve Schiller



Vicky Sebella



Norma Serrano



Sharon Shaver



Laurie Skalik



Kevin Smith



Sue Smith



Christy Smith



Jeff Snellgrove



Ruth Snellgrove



For a distinct change in tempo, Mr. Hontz directed two spring plays this year. The first, "The Mystery of the Silver-Backed Hairbrush", was a mystery and/or comedy.

The cast members were: J. Grewsome-Smith-Ricky Bull, Minnie-Nancy Davis, Flossie-Mary Ruth McClure, The Murderer-Jeff Westerhout, Chesterton-Tod Johnson, and Dobson-Bob Johnson.

The second play was a western and/or comedy.



Pam Sinder



Bonnie Soohy



Chris Stanfill



Dennis Stevenson



Angie Stofanovich



Joe Szpakowski



Dixon Tabla



Mike Taylor



Dale Thompson



Patty Thompson

Hontz "hangs" it up at Sinimin City



"The Hangin' At Sinimin City" cast consisted of: Casper-Joal Fedor, Mart Baverick-Willie Roberts, Ma Lightfoot-Lynaya Stangebye, Lester Lightfoot-John Bultrushaitis, Bullet Benson-Bob Johnson, Pistol Pete Peterson-Don Eaton, Big Tom Pooley-Matt Yakab.



Girty Deal-Mona Davis, Matilda-Kathleen Cerajski, Jasmine-Joan Anderson, Sugarboot-Steve Westmoreland, Stagecoach Driver-James Cooper, and extras-Shirley Thorman, Debbie Beal, Nancy Davis, Mary Ruth McClure, Jeff Westerhout, Ricky Bull, and Tod Johnson.



Don Thorman



Gloria Trinidad



Claude Trump



Denise Tsimblankis



Harry Wallace



Russell Walker



Faith Webster



Donalyn Welton



Kevin West



Jeff Westerhout



Sports

Cross Country...Field Hockey...Football...Wrestling...Volleyball...Basketball...Golf...
Track...Tennis...Baseball...remember...running...chasing...passing...kicking...pinning
...serving...shooting...putting...jumping...tennis balls...homeruns...aching muscles...
bruises...grouchy coaches...victories...defeats...

Nush and Thomas lead RF team

Varsity football team had a record-breaking season. Randy Thomas and Harry Nush led the offense with Randy's records for rushing-338 yards and number of points a game-30. Harry broke the record for the number of passes completed and several other records set by previous quarterbacks. Joe Szpakowski led the defense with the greatest number of tackles-179.



1st ROW: Terry Gault, Mark Berland, Chris Stanfill, Don Thorman, Mike Stanley, Willie Roberts, Les Bullington, Phil Arocho, Frank Wischman. 2nd ROW: Coach Feagler, Coach Berquist, Paul Loving, Mike Ray, Joe Szpakowski, Harry Nush, Randy Thomas, Jim Light, Mike Orange, Coach Baker, Coach Freeman. 3rd ROW: Terry Shepard (Mgr.), Larry Loving, Ed Knox, Ed Hesford, Norm Samuels, Matt Yakab, John Wheeler, Steve Kovacevic, Dave Nelson, Bill Jenkins, Warren Lewis.



Cathy Wheeler



Don Wiggins



Jo Ann Wilkins



M. Whittinghill



Bob Williams



Carlene Williams



Rose Wojnarski



Bill Woolsey



Pat Vale



Tom Vann

	RF	OPPONENT
EMERSON	0	42
WIRT	12	19
RENSSELAER	12	13
GRIFFITH	14	2
N. JUDSON	32	7
CHESTERTON	6	20
E. GARY	0	42
PORTAGE	0	20
CALUMET	0	14
N. NEWTON	39	7



Debbie Vaughn



Mark Yakab



Robin Yanez



Susan Young



Dorothy Zimmer



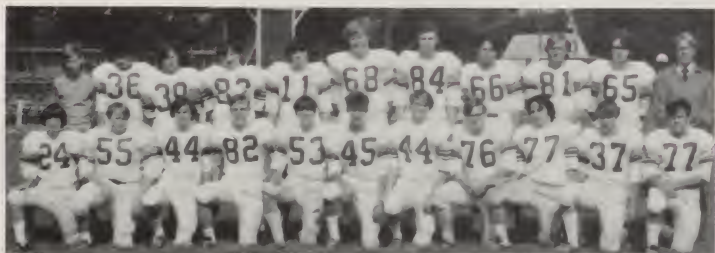
Michele Zoladz



JV has a trying year

Junior Varsity and freshmen teams were small in number but battled in every game. The Junior Varsity team beat our rival, East Gary, 6-0. The freshmen team won two games and lost three. Both coaches expected that the teams would develop into a good varsity in the future.

	RF	OPPONENT
WIRT	0	6
GRIFFITH	6	23
E. GARY	6	0
CALUMET	0	12
LOWELL	0	18



1st ROW: Danny Bell, Buddy Prince, Rich Manning, Carroll Thomas, Danny Waldrop, Jim Long, Ted Fields, Phil Wazer, Rick Coots, Kevin Gault, Mario Villanueva. 2nd ROW: Terry Shepard, Steve Westmoreland, Dennis Flores, John Bently, Ron Coots, Warren Lewis, Tim White, Walter Poturalski, Rick Long, Jerry Nelson, Coach Feagler.



Ellie Alasevich



Adislado Alford



Debbie Archer



Becky Arnold



Ray Arocho



J. Baltrushaltis



Betty Barber



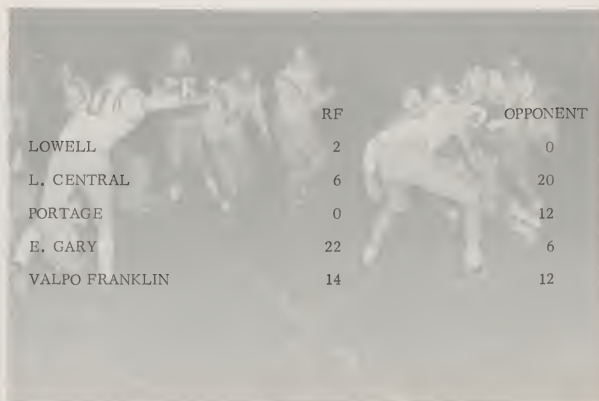
Mike Barber



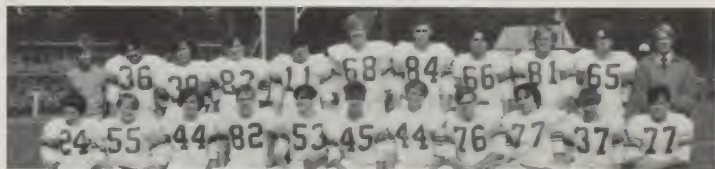
Manual Barragan



Debbie Beal



	RF	OPPONENT
LOWELL	2	0
L. CENTRAL	6	20
PORTAGE	0	12
E. GARY	22	6
VALPO FRANKLIN	14	12



1st ROW: Jeff Skalik, Mike Ondo, Terry Gamble, Stanley Turner, Carl Peterson, Ron Alford, Jerry Combs, Raymond Santos, Richard Guzman, Kevin McClaskey, Don Lightfoot. 2nd ROW: Coach Berquist, Warren Lewis, Steve Orto, Gary Moore, Ron Gibson, Steve Newsom, Mike Knox, Rick Henry, Wesley Evans, Phil Black, Tom Cantwell, John Estill, Ed Mullins.



Danny Bell



Tim Benidict



J. Bentley



Sheila Bethel



Mark Barco



Henrietta Bible



Paul Bible



Ed Bickett



John Biggs



Nancy Biggs

Varsity team has trying year

This year's team was considered a more persistent and driving team than any in recent years. They scored a new record high of 108 points. Mr. Basketball was Curtis Martin who set a record scoring average of 31.1 and getting 47 points in one game. Curtis was considered the #1 player in the Calumet area and ranked 2nd in state. This was made possible by the skillful playing ability and strong backing of the team.



Linda Blanton



Betsy Blystone



MaryJane Bowles



Candice Boyd



Tony Brewer



Thomas Bruns



Peggy Bruno



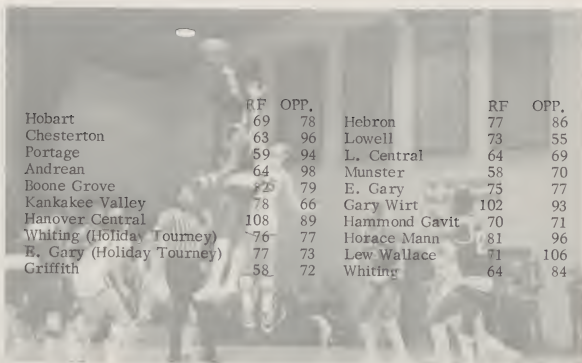
Ricky Bull



John Burgos



Maria Burgos



	RF	OPP.		RF	OPP.
Hobart	69	78	Hebron	77	86
Chesterton	63	96	Lowell	73	55
Portage	59	94	L. Central	64	69
Andrean	64	98	Munster	58	70
Boone Grove	82	79	E. Gary	75	77
Kankakee Valley	78	66	Gary Wirt	102	93
Hanover Central	108	89	Hammond Gavit	70	71
Whiting (Holiday Tourney)	76	77	Horace Mann	81	96
E. Gary (Holiday Tourney)	77	73	Lew Wallace	71	106
Griffith	58	72	Whiting	64	84



1st. ROW: Coach Hook, Ed Knox, Steve Schiller, Dave Burton, Curt Martin, Bruce Kaplon, George Glotzbach, Matt Yakab, Fred Bossel.



Dave Burton



John Butala



Margie Campbell



Alex Campos



David Campos



Ray Carney



Brenda Chambers



Phyllis Chavez



Tom Clary



Don Cochran

JV team improves

Junior Varsity consisted of many valuable prospects. They excelled from an unexperienced team to a new, strong, skilled team.



	RF	OPP.		RF	OPP.
Hobart	36	62	Griffith	25	28
Chesterton	21	48	Hebron	38	43
Portage	38	61	Lowell	46	40
Andrean	51	56	Lake		
			Central	41	40
Boone Grove	36	55	Mustert	38	56
Kankakee			East		
Valley	35	57	Gary	45	43
Hanover					
Central	47	59	Wirt	49	36
Hobart	32	50	Hammond		
			Gavit	41	37
East Gary	44	46			



LEFT TO RIGHT: Dennis Flores (35), Jeff Orange, Dennie Szpakowski, John Bently, Ron Coots, Matt Yakab, Tim White, Coach Burlison, Ron Eaton, Scott Crafton, Don Eaton, Buddy Prince, Carroll Thomas.



Rolley Coots



Ronnie Coots



Eileen Corley



Scot Crafton



Laurie Crisp



Janet Davis



Nancy Davis



Arie De LaCruz



C. DeLaCruz



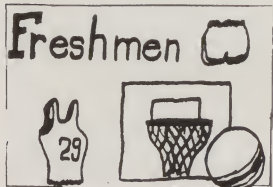
Dan Delgado

Frosh has disappointing season

Freshman team was lead in scoring by Ron Gibson with 184 and Tom Henley with 151 points. Garry Moore led the team in re-bounds with 136 and Tom Henley led the team in free throws, hitting 54-71 for 77%. Although having a disappointing record, the Frosh did upset Lew Wallace and Lowell with impressive victories.



	RF	OPP.
Munster	47	42
E. Gary	52	33
Griffith	38	46
E. C.		
Washington	29	64
Portage	28	35
Whiting	43	47
Andean	43	55
Lew		
Wallace	50	42
Hobart	38	45
Lowell	49	39
Wirt	42	36
Taft	40	42
Valpo		
Franklin	44	65



1st ROW: Wendell Patton, Whig Bright, Phil Hayes, Gary Callian, Ramon Santos, Terry Davenport, Don Lightfoot, Tom Henley, Doug Ordway, Mike Cotton, Steve Lewis. 2nd ROW: Coach Spencer, Ron Gibson, Tom Cantwell, Kevin Farthing, Steve Orto, Warren Lewis, Don Ford, Garry Moore, Mike Knox, John Estill, Ed Mullins, Stan Turner, Terry Gamble.



John Delph



Jessica DeValle



Linda Demmon



Dan Deutscher



Dan Diamond



Eddie Duarte



Don Duncan



Don Eaton



Ron Eaton



Jim Edmonds

In the ring they do their thing

The backbone and supporting members of the team were Mark Berland (captain), Dave Devaney (co-captain), Russell Ragon, and Ruben Pedroza. Mark Berland had every individual record of the team—wins, points, pins, take-downs, tournament points, most valuable player, and most consecutive wins—while Devaney was a close runner-up in all of these categories.



1st ROW: David Duarte, Steve Guth, Glen Ragon, Ruben Pedroza, Steve Kollar, 2nd ROW: David Davaney, Danny Bell, Dan Deutscher, John Burgos, Steve Newsom, Glen Wilson, Mike Zoldaz, John Baltrushaitis, Rudy Milchak, Mark Berland, Coach Bob Jackson.

	RF.	OPP.
Andreas	33	27
Emerson	12	48
Merriville	8	51
Griffith	9	47
Rensselaer (Tourney)		
Volpo	15	48
Hanover	16	36
Hobart (Tourney)		
Whiting	15	47
E. Gary	5	45
Horse Mann	9	39
North Newton	27	39
E. Gary (Tourney)		



Frank Elizando



Nancy Emmett



Nancy Ewin



Mike Ferguson



Dennis Flores



Donna Forest



Mary Fraley



Kevin Gault



Brenda George



Micky Gibson



Sheryl Glover



Rosie Consolas



Ruben Gonzales



Terry Greig



Linda Gulley



Harrison Gunter



Helen Guterrez



Jeannie Hankins

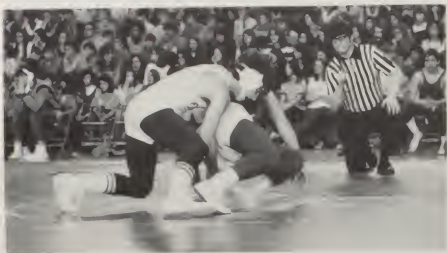


Bill Hanna

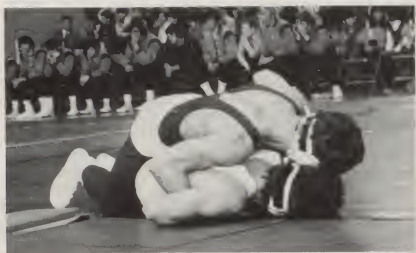


Elaine Hayes

JV wrestles with a weight problem



	RF.	OPP.
Andrean	12	36
Emerson	30	39
Merriville	6	48
Griffith	21	48
Valpo	38	9
Hanover	36	27
Whiting	27	18
E. Gary	33	9
Hoarce Mann	38	6



The J. V. wrestling team had many potentialities including Dan Deutscher, Dan Bell, Rudy Milchak, and in particular Mike Zoldaz. Both Varsity and J. V. faced special challenges as their largest wrestler weighed only 155.



Donna Hendrix



Evelyn Hernandez



Sherry Hill



Peggy Hodge



Debbie Hoefflicker



Vanessa Holland



Andrew Hritz



Penny Huddleston



Dennis Hutnick



Larry Johnson



Nita Johnson



Patty Kania



M. Karageorge



Shirley Kamano



Susan Kendera



Virginia Kiser



Patty Klutts



Janice Kollar



R. Korreckt



JoAnne Kralik

'73 track team has good season

Varsity track had an above average season. Strong competition was given to all the opposing teams in the track meets. New records were set by Steve Kovacevic in the shot put and discus. The strong arms of the team were Randy Thomas, Tom Cooper, Keith Moorman, and Steve Kovacevic.



Sandra Kreischer



Kathy Lancaster



Jim Long



Kathy Loving



Paul Loving



Janice Maldonado



Phil Marquez



Lupe Martinee



Mary McClure



Jenny McCluskey



1st ROW: Mike Knox, Danny Waldrop, Mike Cotton, Jim Long, Carroll Thomas, Glenn Mitchell, 2nd ROW: Coach Burleson, Ed Hesford, Steve Kovacevic, Tom Cooper, Eddie Knox, Randy Thomas, Keith Moorman, Tom Bruns, John Estill, Ass't Coach Feagler.



Frank McGee



Mary Micic



Brenda Middleton



Rudy Milchak



Bill Miller



Cheryl Mioduski



John Miranda



Glenn Mitchell



Honora Mitol



Virginia Monroe

Tennis team racks 'em up



This year's team was better than many River Forest has had. Wayne Agee, Mike Hibbard, Joe Long, and John Cunter were outstanding players for the team. Mike Hibbard and Wayne Agee placed third in sectionals. The team contains many good prospects.



Frank Montgomery



James Moore



Becky Morris



Cindy Morrison



Jerry Nelson



Ninon Nunez



Ron Oldham



Margie Olivarri



Jeff Orange



Mike Orange



Rene Orto



Pam Olsen



Brian Owen



May Page



John Palmowski



Mike Parks



Brian Partin



Darlene Patton



Ruben Pedroza



Ralph Perez

Hole in one . . . two . . . three?



Dale Morris



Don Lightfoot



Don Lightfoot



Tom Henley



Tom Cantwell



Karl Perkins



Paula Phelps



Chris Podrecca



Lori Pope



Phil Posey



Bill Potts



Walter Poturalski



Melody Powers



Buddy Prince



Linda Prince

This years outstanding golf player is considered to be Tom Henley. The 1973 Golf Team comprised mostly of underclassman, 6 Freshmen, 2 Sophomores, and 1 Senior. This is the team that will be the new building material for next year. Every week there is a new starting line up, given only to the well deserved. For this sport is played on skill and concentration. Each player goes through great amounts of pressure and tension.



Tom Cantwell



Don Eaton



Tom Henley



John Putman



Glen Ragon



Rohonda Rainwater



Debbie Richardson



Bruce Roberson



Diane Roberts



Cindy Rogers



Betty Roop



Greg Rosas



Marlene Rosas

Varsity BB has disappointing year

Baseball had a disappointing year with many losing games. Errors and poor hitting, especially in scoring situations, killed them. Ken Carson led the team with .364 average and Mike Ray was next, with .333 average. The team was made up of 5 lettermen: Terry Board, Ken Carson, Joal Fedor, Mike Ray, and Willie Roberts.



Mandy Rudolph



Barb Rushing



Marsha Saylor



Mike Sebella



Loyd Serles



John Serratto



Wendy Shepard



Debbie Simmon



Bev Smith



Jim Snellgrove



1st ROW: Bob Johnson, Ron Gibson, Dave Wilkins, Terry Board, Ken Carson, Willie Roberts. 2nd ROW: Coach Baker, Matt Yakab, Mike Stanley, Mike Ray, John Gunter, Paul Mayfield, Ed Mullins, Joal Fedor.



Lisa Sobel



Dixie Stanley



Mike Stanley



Sherry Steele



Denny Szpakowski



Debbie Tabla



Judy Tatalovich



Bob Thews



Carroll Thomas



Kathy Thomas



1st ROW: Mike Delgado, Herman Brite, Terry Davenport, Lloyd Denny, Kevin McClaskey, Jerry Carroll. 2nd ROW: Coach Callahan, Jerry Nelson, Matt Yakab, Mike Stanley, Ron Gibson, Dave Wilkens, Ed Mullins, Harrison Gunter, Carl Peterson.



Shirley Thorman



Thelma Trojan



Bev Tucker



Lynn Turner



Steve Vale



Stanley Vandiver



Patricia Vann



Dianna Vaughn



Mario Villanueva



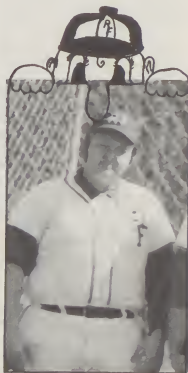
Patty Vincent



Callahan was here

JV baseball season was highlighted by improvement. Although the win-loss record was disappointing, the overall playing of the boys was exceptional for the limited number of hours spent in organized summer baseball leagues.

The boys tended to be consistent throughout the season and showed desire and hustle throughout every inning: Whig Bright, Terry Davenport, Kevin McClaskey, Ron Gibson, Dave Wilkens, and Ed Mullins.



Dan Waldrop



Lynn Watkins



Karen Weaver



Brenda Whyler



J. Westmoreland



S. Westmoreland



Tim White



Dave Wilkens



Barb Williams



Bobbie Williams

Cross Country keeps on truckin'



Coach Marzalek, Don Eaton, Ron Eaton, Dave Burton, Keith Moorman, Kevin Smith, Ken Mioduski.

This year's team was led by two outstanding players-Keith Moorman and Ken Mioduski. This was a year with many good prospects-Ron and Don Eaton, Dave Burton, and Kevin Smith with Burton and Smith leading.



Glen Wilson



Bill Wood



John Woodruff



Rich Woodruff



Matt Yakab



Neil Yates



Polly Yates



Cathy York



Debbie Zimmerman





Rose
Algullera



Hector
Alfaro



Lonnie
Alford



Reinaldo
Arocho



Jill
Banister



Cindy
Bartolini



Toby
Beals



Shirlie
Beasley



Bev
Billips



Phil
Black



Randy
Blanks



Mary
Blowers



Cheryl
Bottom



Bonny
Boyington



Whig
Bright



Lamoine
Brown



Mike
Bull



Gene
Bullen

Girls prove athletic ability

The Girl's Athletic Association offered five interscholastic sports in which high school girls might participate. The girl's teams traveled to surrounding schools in Lake and Porter Counties and played games in field hockey, volleyball, basketball, gymnastics, and track and field.



1st ROW: Sherry Hill, Michelle Korbar, Diane Lunghofer, Liz Keene, Vicky Montemayor, Sharon Augustine, Debbie Pawlicki, Phyllis Larson, Sherry Minton, Donna Lunghofer. 2nd ROW: Miss Schafer, Linda Stover, Esther Teller, Debbie Miranda, Noni Nunez, Penny Estill, Nancy Benka, Panda Denny, Nancy Biggs, Vanessa Montemayor, Dolly Padron, Debbie Padron, Dorine Hendrix.



Tina
Bunnell



Karen
Burge



Sonya
Burgos



Mary
Campbell



Tom
Cantwell



Jerry
Carroll



John
Carroll



Linda
Caudill



Kathy
Chamberlain



Reuben
Chavez



Tom
Coffman



Jerry
Combs



Randy
Conge



Dino
Conley



Mike
Cotton



Danny
Cowart



Connie
Cox



Robert
Czerkaj



1st ROW: Denise Tsimblakis, Esther Teller, Dianna Simmons, Linda Stover, Michelle Korbar, Donna Lunghofer. 2nd ROW: Jill Banister, Jenny Kukral, Jean Jasinski, Cindy Bartolini, Vanessa Montemayor, Debbie West. 3rd ROW: Dolly Padron, Linda Gulley, Joyce Jasinski, Debbie Padron, Sherry Payne, Dixie Stanley, Honora Mitol, Liz Keene, Penny Estill.



1st ROW: Kathy Cerajeski, Vanessa Montemayor, Nancy Biggs, Panda Denny, Esther Teller, Patty Klutts, Linda Stover, Debbie West, Vicky Montemayor, Cindy Deutscher. 2nd ROW: Cindy Bartolini, Jean Jasinski, Dianna Simmons, Debbie Padron, Cindy Hall, Liz Keene, Dolly Padron.



Kellie
Daniels



Terry
Davenport



David
Delgado



Mike
Delgado



Lloyd
Denny



Cindy
Deutscher



Lois
Diaz



Paquin
Diaz



Cheryl
Dixon



Steve
Dobson



Darlene
Dominoski



Jean
Dostater



David
Duarte



Shirley
Duffee



Mary
Duncan



Pat
Duncan



Darrell
Easton



Wesley
Edmonds



1st ROW: Miss Schafer, Miss Green. 2nd ROW: Mimi Santos, Dolly Padron, Linda Stover, Diane Lunghofer, Liz Keene. 3rd ROW: Nancy Biggs, Dianna Simmons, Noni Nunez, Vicky Montemayor. 4th ROW: Vanessa Montemayor, Debbie West, Shirley Weeks, Candy Thomas. 5th ROW: Panda Denny, Cindy Bartolini, Nancy Benka, Wendy Shepard, Donna Micic.



1st ROW: Panda Denny, Donna Lunghofer, Diana Lunghofer, Vicky Montemayor. 2nd ROW: Kathy Cerajeski, Dorothy Zimmer, Debbie Pawlicki, Nancy Benka.



Charles Elder



Donna Elder



Robin Elijah



John Estill



John Evans



Claudette Farley



Kevin Farthing



Diane Flores



Luke Flynn



Donald Ford



Patricia Fraley



Bret Freeman



Dianna Freeman



Gary Gallian



Tom Galvin



Terry Gamble



Maria Garaza



Debbie Gibbs



Carlos
Gonzales



Nora
Gonzales



Kim
Gowins



Steve
Guth



Arthur
Gutierrez



Rick
Guzman



Cindy
Hajvert



Diane
Haley



Cindy
Hall



Ron
Hamilton



Pam
Harding



Tom
Harmon



Bonnie
Hartman



Phil
Hayes



Frank
Hendrix



Tom
Henley



Marsha
Henry



Rick
Henry



Classes

SENIORS...red-white-blue..."Tromp the Trojans"...assemblies...senior sweaters...spirit
...pictures...caps and gowns...senior gift...prom...open houses...graduation...another
new life beginning...

JUNIORS...burgundy and blue..."Beware of Ingots Bearing Gifts"...won 1st place in floats...
"We stress academics"...ZILTCH...

SOPHOMORES...purple and white..."Shake 'em up"...2nd place in floats...assemblies...
candy sale...jerseys...t-shirts...

FRESHMEN...green and white..."Strike the Trojans"...pep assemblies...wall and hall dec-
orations...high school life...beginning...



Carol
Majka



Amy
Maldonado



John
Maneno



Debbie
Manning



Alex
Martinez



Uriel
Martinez



Kevin
McClasky



Cathy
McMurray



Frank
Medina



Linda
Meeks



Donna
Micic



Debbie
Mills



Debbie
Miranda



Steve
Moffett



Vanessa
Montemayor



Nita
Rainwater



George
Ramirez



Maria
Ramirez

Sally Davis reigns as 1973 Football Homecoming Queen



Freshmen: Chris Karas



Sophomore: Wendy Shepard



Senior: Patty Rodriguez



Queen: Sally Davis

One of the most exciting events of the homecoming activities was the selection of the homecoming queen. The candidates were; freshmen, Chris Karas and her escort Raymond Santos, sophomore, Wendy Shepard and her escort John Biggs.



Junior: Gloria Trinidad



Marla Ready



Becky Reeves



Carloy Riffle



Theresa Rios



Robby Robb



Frank Rodriguez



Margie Rodriguez



Donna Royozinski



Vicki Roop



Jerry Rosas



Billy Russell



Terry Sandala



Luz Santos



Junior Santos



Raymond Santos



Maggie Schlarp



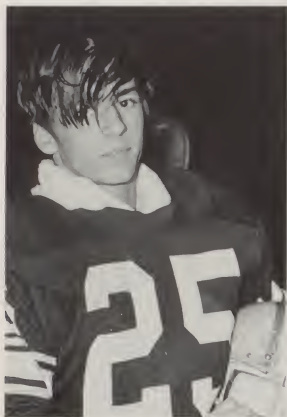
Tina Schlitz



John Schafer

Our man Thomas has lots of promise

More candidates were; junior Gloria Trinidad and her escort Paul Delgado, senior Patty Rodriguez and her escort Frank Barriagan, and the 1973 homecoming queen, Sally Davis, with her escort Rich Chamberlain.



Mr. Football: Randy Thomas
(Photo courtesy Gary Post Tribune)



Terry
Shephard



Paul
Shire



Craig
Shumar



Dianna
Simmons



Jeff
Skalik



James
Snellgrove



Eugene
Spargo



Norma
Stanfill



Greg
Stewart



Steve
Stilley



Linda
Stover



Cheryl
Strimbu



Ester
Tellez



Sandra
Tenorie



Candy
Thomas



Debbie
Thomas



Connie
Thomason



Stan
Turner

Basketball homecoming had Mr. Basketball, Homecoming Queen, Miss Ingot Spirit, and Spirit Week. Mr. Basketball was Curt Martin; Homecoming Queen was Kathy Cerajeski; Miss Ingot Spirit was Mona Davis, and Spirit Week had seniors-first, freshmen-second, sophomores-third, and juniors-fourth.

RF Ingots demolish Wirt Troopers



Denise
Wallace



Jeff
Wampler



Bob
Wausser



Shelia
Watson



Sharon
Webster



Shirley
Weeks



Darrell
Welches



Debbie
West



Patsy
Williams



Darlene
Willis



Beth
Wilson



John
Wolek



Scott
Woodruff



Dan
Woolsey



Judy
Zanzig



Mike
Zoledz



Dan
Villanueva



Mary
Volkapich

We've only

The music started and the seniors, in their red and gold gowns solemnly filed in. As they sat through the various presentations, the minutes slowly ticked by and they drew closer and closer to that moment when they would receive their diplomas which represented twelve years of work and school.



Ron
Gibson



Sheryl
Gilson



Phil
Glover



Becky
Goings



Ruben
Hernandez



Pam
Highsmith



Bill
Hill



Cindy
Hill



Tammy
Holder



Danny
Holt



Linda
Horton



Dawn
Hyde



Inez
Jackson



Bernadine
Jansen



Jean
Jasinski



Ron
Jaynes



Cliff
Jennikins



Curt
Johnson

just begun . . .

A name was called, a senior went up and received that precious bit of paper. It was all over. All the work all the trouble, all the odds and ends that had made up school, were over. The seniors stood for the benediction, then triumphantly filed out.



Chaya Jones



Ralph Julian



Chris Karas



Paxton Keefover



Ann Kendara



Preston King



Mike Kisner



Mike Knox



Eddie Kujawski



Abby Kulak



Bob Lay



Sandy Leonard



Steve Lewis



Warren Lewis



Don Lightfoot



Brenda Lira



Eddie Lockhart



Bob Laeffler

"Sounds from the Orient" made a night to remember

On May 4, at 8 o'clock, RFHS Junior-Senior Prom was held. Fifty couples were met at the door of Marquette Park Pavilion by doormen in oriental costumes. "Whispers from the Orient" was the theme, carried throughout the evening. Prom King was Willie Roberts and Prom Queen was Gail Johnson. It was a lovely evening, enjoyed by all.



Shelia Long



Vicki Long



Mike Lunghofer



Gary Moore



Donna Mosby



Ed Mullins



Linda Hagy



Steve Newsom



Wayne Ogden



Don Oldham



Julie Olivarri



Robbin Olkoski



Mike Ondo



Doug Ordway



Robert Orto



Debbie Padron



Delores Padron



Kim Paradine



Charles
Parks



Newton
Parks



Cindy
Patterson



Wendall
Patton



Sherry
Payne



Delia
Pedroza



Thomas
Pedroza



Dave
Peek



Doug
Peek



Carl
Paterson



Diana
Podrecca



Richard
Polak



Bret
Porlier



Denise
Poturaiski



Jim
Price



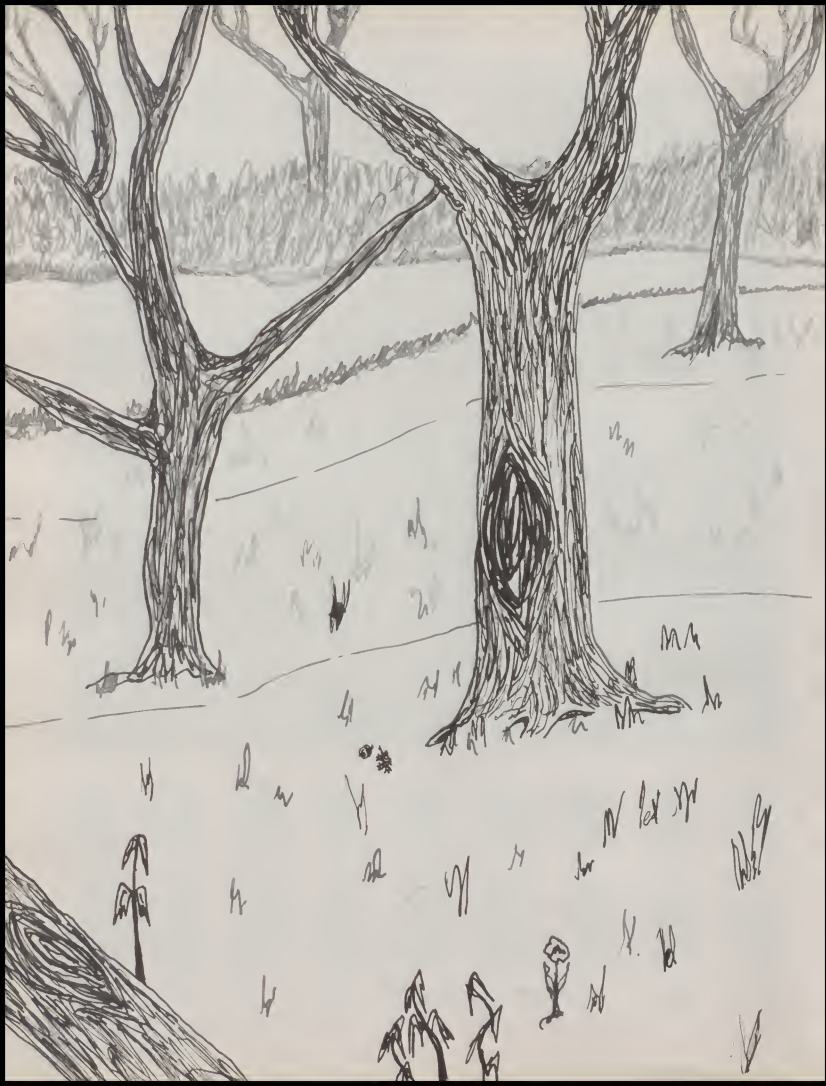
Randy
Prince



Bill
Propeck



Connie
Puentes



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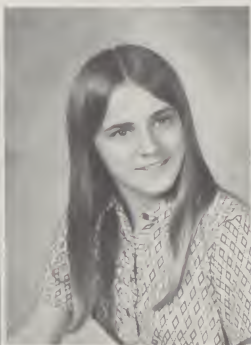


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Our high school life is over forever and we are beginning a new life of our own, no longer protected by our teachers, parents, and friends.

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Thanks to all the graduating guidance runners for
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1973 Ingot Editor

Dottie Ellis



the 1990s, the number of people with a mental health problem has increased by 50% (Mental Health Foundation 1999).

There is a growing awareness of the need to address the needs of people with mental health problems, and the importance of providing them with appropriate services. However, there is a significant gap between the current needs of people with mental health problems and the services available to them. This gap is due to a number of factors, including a lack of resources, a lack of training for health professionals, and a lack of awareness of the needs of people with mental health problems.

One of the main reasons for the gap between need and service is a lack of resources. There is a significant shortage of mental health professionals, and the services that are available are often of poor quality. This is due to a number of factors, including a lack of training for health professionals, and a lack of awareness of the needs of people with mental health problems.

Another reason for the gap between need and service is a lack of training for health professionals. Many health professionals do not have the necessary skills and knowledge to provide the best care for people with mental health problems. This is due to a number of factors, including a lack of training opportunities, and a lack of awareness of the needs of people with mental health problems.

A third reason for the gap between need and service is a lack of awareness of the needs of people with mental health problems. Many people do not understand what it is like to have a mental health problem, and they do not know how to help someone who is experiencing a mental health problem. This is due to a number of factors, including a lack of information, and a lack of awareness of the needs of people with mental health problems.

There are a number of ways in which the gap between need and service can be closed. One way is to increase the number of mental health professionals, and to improve the quality of the services that are available. This can be done by providing more training opportunities for health professionals, and by increasing the awareness of the needs of people with mental health problems.

Another way to close the gap between need and service is to provide more support for people with mental health problems. This can be done by providing more information about mental health problems, and by providing more support for people who are experiencing a mental health problem. This can be done by providing more support groups, and by providing more support for people who are experiencing a mental health problem.

There are a number of ways in which the gap between need and service can be closed. One way is to increase the number of mental health professionals, and to improve the quality of the services that are available. This can be done by providing more training opportunities for health professionals, and by increasing the awareness of the needs of people with mental health problems.

the 1990s, the number of people in the world who are undernourished has increased from 600 million to 800 million (FAO 2001). The number of people who are malnourished has increased from 1.2 billion to 1.5 billion (FAO 2001).

There are a number of reasons for this increase. One of the main reasons is the increase in the world population. The world population has increased from 5 billion in 1989 to 6 billion in 2000 (FAO 2001). This increase in population has led to an increase in the demand for food. Another reason is the increase in the number of people who are living in poverty. The number of people who are living in poverty has increased from 1.2 billion in 1989 to 1.5 billion in 2000 (FAO 2001). This increase in poverty has led to an increase in the number of people who are unable to afford food.

There are a number of ways in which the world can reduce the number of people who are undernourished. One way is to increase the production of food. This can be done by increasing the area of land that is used for agriculture, by increasing the number of people who are working in agriculture, and by increasing the productivity of agriculture. Another way is to reduce the number of people who are living in poverty. This can be done by increasing the number of people who are employed, by increasing the wages of people who are employed, and by increasing the social safety net.

There are a number of challenges that the world faces in reducing the number of people who are undernourished. One of the main challenges is the increase in the world population. The world population is expected to increase from 6 billion in 2000 to 9 billion in 2050 (FAO 2001). This increase in population will lead to an increase in the demand for food. Another challenge is the increase in the number of people who are living in poverty. The number of people who are living in poverty is expected to increase from 1.5 billion in 2000 to 2 billion in 2050 (FAO 2001).

There are a number of ways in which the world can overcome these challenges. One way is to increase the production of food. This can be done by increasing the area of land that is used for agriculture, by increasing the number of people who are working in agriculture, and by increasing the productivity of agriculture. Another way is to reduce the number of people who are living in poverty. This can be done by increasing the number of people who are employed, by increasing the wages of people who are employed, and by increasing the social safety net.

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